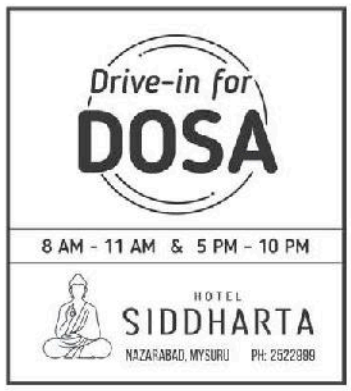

STAR OF MYSORE

OUR EVENING DAILY

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MYSURU Saturday 21st June 2025
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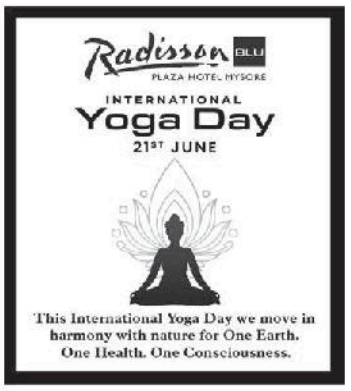
Radisson BLU
PLAZA HOTEL MYSORE
INTERNATIONAL
Yoga Day
21ST JUNE
This International Yoga Day we move in harmony with nature for One Earth. One Health. One Consciousness.

Yoga Day held in city

Mysuru-Kodagu MP Yaduveer Wadiyar, District Minister Dr. H.C. Mahadevappa, Krishnaraja MLA T.S. Srivatsa and CIIL Director Prof. Shailendra Mohan seen lighting the lamp to inaugurate the 11th International Day of Yoga at Mysore Palace premises this morning as DC G. Lakshmikanth Reddy and City Police Commissioner Seema Latkar look on.

Mysuru, June 21 (MTY&VNS)- The 11th International Day of Yoga was celebrated on a grand scale with various educational institutions and associations organising Yoga sessions at multiple venues across the city this morning.

The main event of the International Day of Yoga was held in front of the sprawling Mysore Palace, with thousands of Yoga enthusiasts, including students from various schools and colleges, children with special needs, foreign students and officials from various departments participating in the event and performing various asanas according to the protocol. The event was jointly organised by the District Administration, Mysuru Zilla Panchayat and Department of AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy). Though the organisers had anticipated a crowd of over 15,000 at the Mysore Palace, only around 7,000 participants turned up. Elsewhere in the city, Yoga was performed at multiple locations, including educational institutions and the University of Mysore, resulting in scattered celebrations rather than a single, unified performance.

The participants started assembling at the Mysore Palace premises as early as 5.30 am in various groups along with Yoga mats and water bottles.

At about 6.50 am, the event began with a warm-up followed by the performance of various Yogasanas from 7 am to 7.45 am as per the Common Yoga Protocol.

(See YOGA DAY on page 8)

To Our Readers

*Turn to Page-6 for Abracadabra titled "**A miracle in Jerusalem**".*—Ed

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STAR OF MYSORE

"We believe comment is free, but facts are sacred."

Editor: M. GOVINDE GOWDA, M.A.

Mysuru, Saturday 21st June 2025

Admission for D.Ed. Special Education courses

Mysuru, June 21- The Department for Empowerment of Differently Abled and Senior Citizens at Tilaknagar, Mysuru, has invited applications from eligible students for admission to 2-year D.Ed. Special Education (Visually Impaired) and D.Ed Special Education (Hearing Impaired) courses.

The applicants must have passed II PUC with a minimum of 50 percent marks (45 percent for SC/ST and differently abled students). Applications can be obtained via *https://nber-rehab-council.gov.in* before July 12.

For details, contact the Deputy Director (Training), Government Teachers Training Centre for Visually Impaired (VI) and Hearing Impaired (HI) Children, Pulakeshi Road, Tilaknagar or call Ph: 0821- 2491600 or Mob: 91135-61620 or 96867-62378, according to a press release from the Training Co-ordinator.

EDITOR'S BOTTOMLINE

DUTY - SOMETHING GREATER THAN SELF:

Duty is an oft repeated word. As any standard dictionary will tell, it means something which one does because it is part of the job or because one feels it is the right thing to do. In both cases it reflects being conscientious; it reflects being aware of what has to be done. And this can extend from a soldier defending the borders of the country against a hostile enemy to a BBMP functionary cleaning the roads of the city to make it worthy of a garden city. In each of these cases it is critical that the person understands her role. Epictetus the Greek philosopher it is, who while delineating the concept of duty, emphasised the need to first understand one's role.

This is something which very few appreciate. What is one's role as, a member of the family, community, society, citizen of a nation? And if the duty of the soldier is to protect the integrity of the land, the duty of a civic functionary to keep the city clean, what is our duty as citizens? If each of us do our duty would we not be strengthening their hands in doing their duty more efficiently ? And that is how we can establish a chain — where ultimately duty gets done as something given, not as a chore, because each of us have made it easier for the other to do their duty. And it is important to acknowledge as Helen Keller has observed that while we all want to accomplish great and noble acts, it is our duty to carry out even small tasks as if they were great and noble.

In the absence of understanding one's role, there is confusion and duty is performed perfunctorily. The failure in such cases is also of the organisation for failing to spell out what is expected. For it is with recognition of role, comes responsibility and accountability. Which brings us to the realisation that in this regard there can be no better guide than our sacred texts which lay down their expectations from their followers unambiguously — as also the consequences for failure to follow them. The Quran as well as the Bible prescribe duties. As does the Guru Granth Sahib with its emphasis on Sewa, service. The Bhagwat Gita is almost a treatise on duty; the celebrated verse at 2:47 highlighting that "You have a right to perform your prescribed duties, but you are not entitled to the fruits of your actions." Once you recognise that performing one's duty is Dharma, a sacred task, it takes a spiritual overtone. You do what is expected of you. And with this clarity of understanding, you, just may also do more than what is expected. And when that happens the world would certainly be a better place.

—Najib Shah in Deccan Herald

NEWS SPARKLERS

Musician plays steelpan for 31 hours straight

San Fernando: A musician from Trinidad and Tobago broke a Guinness World Record by playing steelpan/steel drums for 31 consecutive hours.

Joshua Regrello, 28, started playing steelpan, also known as a steel drum, at a young age.

Regrello, who is now a full-time musician and online content creator, broke the Guinness World Record for the longest marathon playing steelpan/steel drums by playing for 31 hours straight. He said the original plan was to end the attempt at 30 hours.

"I have been playing steelpan since I was five years old. My father founded a well-known Trinbagonian steelband, so I grew up surrounded by music," he told Guinness World Records.

1,423 people play red light, green light game

Anaheim: A fitness education group in California broke a Guinness World Record by gathering 1,423 people to play the playground game red light, green light.

CF Fitness Inc., an education-oriented group aimed at promoting physical fitness at schools, gathered students from the Anaheim Elementary School District and their families to play the record-breaking game at Yorbe Park in Anaheim.

The participants also included students who travelled in from other districts, as well as local firefighters, police officers and city officials. The game ended up breaking the record with 1,423 participants.

HEALTH CAPSULE

One-Sided Weakness? Act Fast

Sudden weakness, numbness, or drooping on one side may be a sign of stroke. Timely action is critical.

By Dr. Maqsood Ahmed A. R. - Senior Consultant – Neurosurgery, Manipal Hospital, Mysore

manipalhospitals LIFE'S ON

** Health Capsule is not intended to be of a diagnostic nature*

Applications invited for Pradhan Mantri Rashtriya Bal Puraskar-2025

Mysuru, June 21- The Ministry of Women and Child Development, Government of India, has invited applications from across the country for the Pradhan Mantri Rashtriya Bal Puraskar (PMRBP) 2025.

Children, aged above 5 years and below 18 years of age as on 31.7.2025, who have saved others with courage and adventure in the district and have made good achievements in sports, social service, technology, environmental conservation, art, culture and innovations, are eligible to apply.

Interested candidates may submit applications online through the website ***https://awards.gov.in*** before July 31.

For more details, contact the District Child Protection Officer's Office, District Child Protection Unit, No. CA-15:17, First Floor, Anjanadri Main Road, Vijayanagar 4th Stage, 2nd Phase, Mysuru-32 or call Ph: 0821-2543003 or e-mail: *dcpumysore@gmail.com*, according to a press release from the District Child Protection Officer of Mysuru District.

WATER LEVEL

KRS DAM	KABINI DAM	HARANGI DAM
Maximum **124.80 feet**	Maximum **2,284 feet**	Maximum **2,859 feet**
Today's level **118.60 feet**	Today's level **2,277.79 feet**	Today's level **2,850.32 feet**
Last year's level **87.52 feet**	Last year's level **2,264.04 feet**	Last year's level **2,828.65 feet**
Yesterday's level **117.40 feet**	Yesterday's level **2,279.36 feet**	Yesterday's level **2,849.77 feet**
Today's Inflow **18,387 cusecs**	Today's Inflow **14,706 cusecs**	Today's Inflow **2,607 cusecs**
Today's Outflow **1,343 cusecs**	Today's Outflow **12,000 cusecs**	Today's Outflow **1,166 cusecs**

REALLY...?

- ***Curry, originating from the Tamil word "kari," has become a catch-all phrase for an Indian, Caribbean, or Thai dish featuring a sauce or gravy base made with proteins and spices, usually served over rice.***
- ***Curry as a dish in India began occurring in the 17th century after British traders started calling most Indian dishes in India "curry."***
- ***Table manners as we know them today started in the Renaissance.***
- ***Drinking straws were invented 5,000 years ago by the Sumerians so they could drink their beer more easily.***

LAUGHTER THE BEST MEDICINE

Teacher: *How can you prove that eating green vegetables is good for the eyes?*
Student: *Has anybody ever seen a cow wearing spectacles?!*

TODAY'S CURRENCY RATE

1 US Dollar	= Rs. 86.61
1 UK Pound	= Rs. 116.56
1 UAE Dirham	= Rs. 23.58
1 Euro	= Rs. 99.80

VOICE OF THE READER

Train passengers left high and dry on CFTRI side

Sir,

I am certain the authorities are aware of the inconvenience faced by passengers arriving by train at Mysuru Junction, especially those exiting on CFTRI side gate to avail prepaid auto services. Several evening trains arrive at Platforms 4, 5 or 6, which are closer to this side of station.

A few years ago, a prepaid auto kiosk was inaugurated with much fanfare and functioned efficiently for some time. However, it is now non-operational, leaving passengers stranded.

With no system in place, commuters are forced to negotiate with auto drivers who charge exorbitant fares, exploiting factors like weather conditions and passengers' urgency. At times, it takes over an hour after arrival to secure an auto.

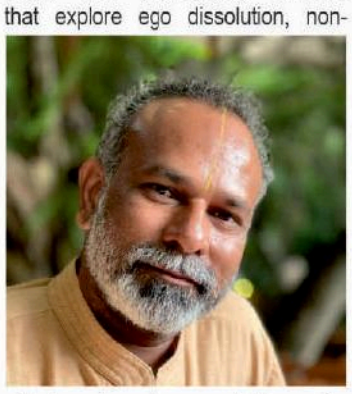
The growing trend of online pre-booking has further reduced the availability of autos for immediate hire. Once passengers choose to exit on CFTRI side, it becomes extremely cumbersome to carry luggage all the way back to main entrance for prepaid services. This is a daily ordeal for countless train travellers. I urge the departments concerned to collaborate and resolve this issue promptly, ensuring the prepaid auto system is restored for the convenience and fairness of all passengers.

—Prof. B.S. Shankara (retd.)
Mysuru 6.6.2025

Yoga with Srinatha

Nestled in the tranquil Gokulam district of Mysore, Yoga with Srinatha stands as a beacon of authentic yoga education. Founded by the esteemed **Dr (Hc). Balasundara Srinatha Ji** - a direct disciple of **B.K.S. Iyengar and Sri Gopaljeeyar** this Yoga Alliance certified school combines decades of expertise with a welcoming atmosphere. As a **multiple award- winning yogi** and **yoga championship judge since 1993,** Dr (Hc). Srinatha brings unparalleled depth to his teaching, encapsulated in his guiding principle: *"Everything becomes simple when you stop resisting."*

The institute offers comprehensive **200/300/500-hours RYT programs** in Ashtanga and Hatha - Iyengar Method, along with specialized **50-hours YACEP courses** in Yin and Aerial yoga. The curriculum extends beyond asana to include **pranayama, meditation, Ayurveda, and philosophy classes** that explore ego dissolution, non-



attachment, and expanded consciousness. Unique offerings like **Tibetan singing bowl sound healing, kirtan, and kriyas** create a multidimensional approach to inner transformation.

Looking ahead, the school is expanding its offerings to include **Chair Yoga, Wheel Yoga, Chakra Yoga, and Mudgar** - blending ancient wisdom with modern scientific understanding to make yoga accessible to all.

What truly distinguishes Yoga with Srinatha is his **team of dedicated instructors,** each personally mentored by Dr (Hc). Srinatha. Their individualized attention ensures every practitioner - from beginners to advanced students - receives proper guidance. The use of **props, therapeutic modules, and nourishing sattvic meals** fosters an environment conducive to holistic growth.

Dr (Hc). Srinatha's unique gift lies in making profound yogic wisdom approachable through his **lighthearted yet insightful** teaching style. Whether at the Mysore shala or international workshops, he guides students to discover that yoga isn't about perfection, but about presence **and acceptance.**

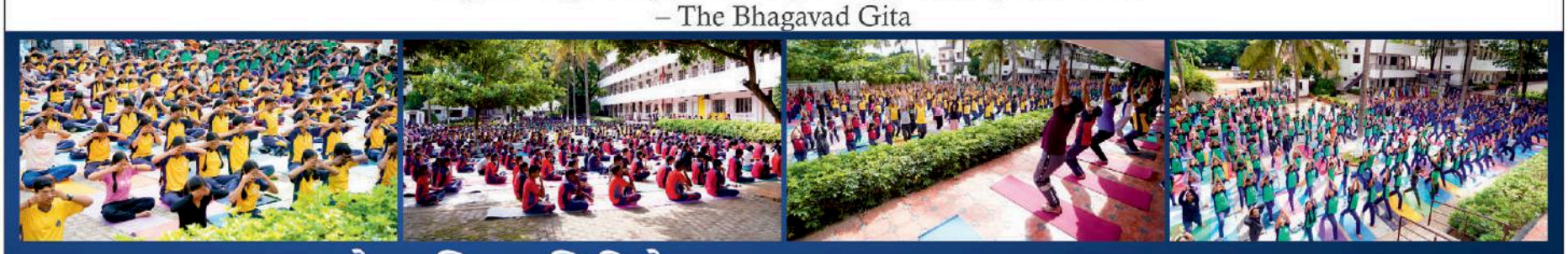
Promotional Feature

Manasarowar Pushkarini Vidyashrama

Hinkal Hundi, Vijayanagar 2nd Stage, Mysore 570017
Affiliated to CBSE, Affl No. 830043

CELEBRATING
INTERNATIONAL YOGA DAY
JUNE 21ST

"Yoga is the journey of the self, through the self, to the self."
– The Bhagavad Gita



योगः चित्तवृत्तिनिरोधः । Yogaḥ cittavṛtti nirodhaḥ
– Patañjali Yoga Sūtra (1.2)
"Yoga is the calming of the fluctuations of the mind."

On this International Yoga Day, we at Manasarowar Pushkarini Vidyashrama reaffirm our commitment to nurturing holistic education—where body, mind, and spirit grow in harmony. Through the timeless wisdom of Yoga, we inspire our students to lead lives rooted in discipline, awareness, and inner peace.

Let us come together to celebrate the ancient gift of Yoga that continues to enlighten the modern world.

Sarve Bhavantu Sukhinah
May all be happy, healthy, and in peace.

NEWS BRIEFS

Railway Pensioners Meeting on June 29

The Railway Pensioners Welfare Association, Mysuru, will hold its General Body Meeting at 10.30 am on June 29 at Railway Kalyana Mantapa in Vontikoppal. All members are requested to attend the meeting with registration book issued by the Association, according to a press release from Association General Secretary G.S. Swaminathan.

Coaching classes

Jnanabuthi institute, located in Lakshmipuram Government High School and PU College premises on JLB Road, will be conducting coaching classes for IAS/ KAS and other competitive exams conducted by the Government. Interested candidates can join the coaching classes by registering their names at the institute office before June 26 between 5.30 pm and 7.30 pm. For details, contact Mob: 94481-17455 or 99728-30857 or 82967-88251.

Calling Principals

Amrita Vishwa Vidyapeetham has invited Principals for the 'Regional Confluence at Mysore' - 'Leadership Summit' at Hotel Southern Star on Vinoba Road in city on June 29 between 9 am and 5 pm, to connect, network and learn best practices. Dr. Shoury Kuttappa, Directorate of Admission & Academic Outreach, Amrita Vishwa Vidyapeetham, will be the guest speaker. For details, contact Mob: 99022-73749.

Articles invited

Patrika Sangraha Pradarshana Vedike (Paavanam Patrika Balaga), Nanjangud, has invited Kannada articles, especially from SSLC, PU and college students, on the life of 18 Governors of Karnataka. The articles should not exceed three pages. The articles must be addressed to B.N. Narasimha, C/o Suresh, No. 3241, Savitri Nilaya, 10th Cross, R.P. Road, Nanjangud, Mysuru. Last date to send articles is June 30. For details, contact Mob: 87110-94707 or 99023-96569.

Hostel admission

T.S. Subbanna Sarvajanika Girls Hostel, located at Chamundi Hill, has invited applications from Pre-Matric girl students for free admission to the hostel. Girl students studying in 5th to 10th standards can apply before June 25. [Mob: 94837-30741]

Also, T.S. Subbanna Sarvajanika Hostel, located at Vidyaranyapuram in city, has invited applications from Pre-Matric boy students for admission to the hostel. Boy students studying in 5th to 10th standards can apply before June 25. For details, contact Mob: 99644-76167 or 99456-15028.

MCC inks pact with BPCL

to set up Compressed Biogas Plant

Mysuru, June 21 (SBD&BCT)- An official agreement was signed on Thursday evening between Mysuru City Corporation (MCC) and Bharat Petroleum Corporation Limited (BPCL) to establish a Compressed Biogas (CBG) Plant at the Vidyaranyapuram Solid Waste Management Plant (Sewage Farm or Excel Plant).

The signing ceremony took place at the office of MCC Commissioner Shaikh Tanveer Asif. Among those present were Assistant Executive Engineer K.S. Mruthyunjaya and BPCL officials, including Executive Director of the Biofuel Division P. Anil Kumar, General Manager (CBG) R. Shashiprakash, DGM Sanjay Thakur, Karnataka State Head (Retail) Beerum Sukesh and Retail Mysuru Territory Manager Kanwaljyot Singh.

The proposed biogas facility will be set up on a 10-acre land inside the Sewage Farm, with the Plant clearing the wet waste dumped at the site.

The project is part of the Central Government's SATAT (Sustainable Alternative Towards Affordable Transportation) initiative aimed at promoting green fuel alternatives. With an estimated investment of Rs. 60-66 crore, the facility is expected to produce 150 tonnes of biogas per day (TPD).

Multiple benefits

Mysuru generates approximately 600 tonnes of waste daily, a significant portion of which accumulates at the Sewage Farm. The new Plant will process over 150 tonnes of organic waste each day, helping ease this burden.

The residual slurry can be used as compost, while the produced biogas will contribute to cleaner energy for municipal vehicles at subsidised rates, along with generating royalty revenue for the MCC.

"This Plant offers a transformative solution for Mysuru's waste management and energy needs. It not only produces clean energy but also enables efficient solid waste disposal, moving us closer to a zero-waste future," said Shaikh Tanveer Asif.

Non-profit initiative

BPCL will build and operate the Plant as a non-profit initiative, ensuring efficient conversion of organic waste into biogas fuel. To support smooth operations, MCC has pledged to develop the necessary infrastructure, including access roads and utilities.

"This project, in partnership with the MCC, demonstrates BPCL's commitment to energy innovation and environmental stewardship. It will bolster green mobility initiatives in India," added P. Anil Kumar, Executive Director, BPCL.

The initiative also plays a vital role in curbing environmental pollution. Under the SATAT programme, the Centre is partnering with public sector oil marketing companies to establish CBG Plants nationwide, with projects already underway in cities like Kochi, Thiruvananthapuram and Kozhikode.

In Karnataka, CBG Plants are being developed under the Public-Private Partnership (PPP) model in Mysuru and Hubballi.

With the signing of the agreement, Mysuru becomes the first city in the State to formalise such a project, which is expected to be operational within the next two years.

29 candidates in fray for MCDCC Bank Polls

Harish Gowda *Anil Kumar* *Ganesh* *Puttarangashetty* *Narendra*

Doddaswamegowda *Rajeev* *Basavegowda* *Chandrashekar* *Amith*

Mysuru, June 21 (SBD&VNS)- A total of 29 candidates are in fray for the upcoming Mysore & Chamarajanagar District Co-operative Central (MCDCC) Bank Limited after six candidates withdrew their nomination papers yesterday.

Among those in fray include, Taluk Primary Agriculture Credit Co-operative Society Constituencies - M. Kenchappa, M.G. Siddaraju (Mysuru taluk); K. Raju and B.N. Sadananda (Nanjangud taluk); C. Basavegowda and T.P. Boregowda (T. Narasipur taluk); MLA C. Anil Kumar (Anil Chikkamadu), Madappa, G.K. Lakshmiprasad and Shivanajegowda (H.D. Kote taluk); Govindegowda, J. Shivanna and MLA G.D. Harish Gowda (Hunsur taluk); C.N. Ravi and E.P. Lokesh (Periyapatna taluk); Amith V. Devarahatti, Doddaswamegowda and S. Siddegowda (K.R. Nagar and Saligrama taluks); MLA C. Puttarangashetty and P. Vrushabhendrappa (Chamarajanagar taluk); MLA H.M. Ganesh Prasad and S.M. Veerappa (Gundlupet taluk); MLA R. Narendra and B.S. Mallesh (Kollegal and Hanur taluks).

For Town Co-operative Banks and Housing Co-operative Societies in Mysuru and Chamarajanagar districts - SBM Manju, G.N. Manjunath and H.V. Rajeev; For Co-operative Societies and Co-operative Banks in Taluks, District and beyond District - S. Chandrashekar and T. Ramegowda.

The Returning Officer has also completed the allocation of election symbol for all the candidates.

Meanwhile, six candidates including former MLA J. Sunitha Veerappagowda, H.P. Amarnath, C. Nagaraju, N. Manjunath, H.G. Shivashankar and H.S. Chandregowda withdrew their nominations from their respective Constituencies.

The elections to the 13 Directors post of MCDCC Bank Limited will be held on June 26.

Obituary

Jayanthi Mohan

Mysuru, June 21-Jayanthi Mohan (71), wife of late S.A. Mohan, former AVP, JK Tyres and a former resident of T.K. Layout, Mysuru, passed away at her residence in Bengaluru yesterday morning.

She leaves behind a son, a daughter, son-in-law, daughter-in-law, three grandchildren and a host of relatives and friends.

Last rites were held at Bengaluru yesterday.

C.M. Shankarappa

C.M. Shankarappa (82), a retd. KEB Officer and a resident of Ahimsa Marga in Siddarthanagar, passed away last evening.

He leaves behind his wife Kathyayini, sons Harsha & Santhosh and a host of relatives and friends.

Last rites were held at his native place Channangere in K.R. Nagar taluk this afternoon.

S.B. Mahadevappa

S.B. Mahadevappa (88), retd. Teacher of JSS High School, Mysuru and a resident of Vivekanandanagar here, passed away on June 15.

He leaves behind his wife, son, daughter and a host of relatives and friends.

Last rites were held at the foot of Chamundi Hill the same day, according to family sources.

Bhagyamma

Nanjangud: Bhagyamma (75), a resident of Ashokapuram 4th Cross in Nanjangud town, passed away last evening.

She leaves behind her husband Shivanna, six sons, three daughters, daughters-in-law, sons-in-law, grandchildren and a host of relatives and friends.

Last rites were performed at Nanjangud town this afternoon, according to family sources.

Power disruption

Mysuru, June 21- As Chamundeshwari Electricity Supply Corporation (CESC) has taken up its 1st quarterly maintenance works at Hebbal, Metagalli, Hebbal Industrial area, Nanjangud 66/33/11 KV Power Distribution Centre and Tandya Power Distribution Centres, there will be no power supply tomorrow (June 22) between 10 am and 6 pm in the following areas.

Hebbal Power Distribution Centre: Hebbal and surrounding areas, Kumbarakoppal, Toll Gate, Vani Vilas Layout, Mahadeshwara Layout, Subhash Nagar, Surya Bakery, Vijayanagar Railway Layout, Abhishek Circle, Madegowda Circle, M.G. Koppal, Outer Ring Road, Hampi Circle, Sangam Circle, Archaeology Office, KIADB Industrial Housing Layout, L&T factory area, surrounding areas of Rane Madras, JK Tyre and Mysore Steels EHT users.

Metagalli Power Distribution Centre: Metagalli limits' Hebbal industrial area, Metagalli, Brindavan Layout, Lokanayaka Nagar, Jayadeva Nagar, B.M. Sri Nagar, Hebbal Outer Ring Road, HPCL Gas Plant surroundings, Hebbal 1st, 2nd and 3rd Stages, Subramanyanagar, Basavanagudi, SBM Bank surroundings, Hebbal Colony, Hebbal Main Road, Lakshmikanta Nagar, Sankranti Circle, Golden Bakery, KIADB Layout, Mayura Circle, Cauvery Circle, Military Quarters, RBI, Vikrant Main Plant, Shivamogga Steels and surrounding areas, Belagola Industrial area, KRS Road, Bhyraveshwaranagar, Basaveshwaranagar, Metagalli Industrial and surrounding areas.

Hebbal Industrial Area Power Distribution Centre: Koorgalli industrial area, Excel Public School, Vinyas, Koorgalli Lake surroundings, Gopalan Compound, Wipro, Meritor, Pattabhi Enterprises, L&T, Marc Battery Road, Chamundi Silks and surrounding areas

Nanjangud Power Distribution Centre: Nanjangud town, Kallalli Industrial Area, Nestle, AT&S, Max Pharma, Devirammanahalli, Deburu Handuvinahalli, Tandavapura, Chikkayyanachatra, Maraluru villages and Gram Panchayat limits.

Tandya 66/11 KV Power Distribution Centre: Tandya Industrial Area, Balaji, Ganapathi, Indus, KIADB 1 and 2, Kempisiddanahundi, Hulimavu villages and Gram Panchayat limits, according to a press release from the Executive Engineers, CESC VV Mohalla and Nanjangud Divisions.

Anokhi Garden: A Sanctuary of Yoga, Food, and Community in the Heart of Gokulam

Nestled in the serene neighborhood of Gokulam, Mysore-India's yoga capital-Anokhi Garden is more than just a guesthouse or a café. It's a sanctuary for seekers, travelers, and yogis from around the world. With its lush greenery, wholesome food, and welcoming spirit, Anokhi has become a cherished part of the Mysore yoga experience for over a decade.

Founded with the vision of creating a conscious space that supports health, healing, and connection, Anokhi Garden began as a simple garden café attached to a yoga guesthouse. Today, it stands as one of Gokulam's most loved community hubs, offering accommodation, nourishing meals, and a deep sense of home for international yoga students who come to Mysore to study Ashtanga and other traditional forms of yoga.

Anokhi Garden is lovingly nurtured by **Aditya Damani,** who left behind a fast-paced life as a stockbroker in Mumbai to make Mysore his home. Drawn by the stillness and soul of Gokulam, he now sees himself not as an owner, but as a caretaker of this growing sanctuary. With deep gratitude, he welcomes guests from across the world and locally into the Anokhi family.

What sets Anokhi Garden apart is its community spirit. More than just a space to stay or eat, it has organically evolved into a shared home for travelers, artists, healers, and yogis. Throughout the season, Anokhi hosts events like clothes swaps, Kirtan's, ice-baths, community dinners, wellness workshops, and spontaneous live music evenings. Guests often leave with lifelong friendships with Anokhi

Today, Anokhi Garden has grown beyond **Mysore,** with a strong presence in **Mumbai, Dharamshala,** and **Rishikesh, all over India** - each location carrying the same spirit of warmth, wellness, and community. Across these spaces, Anokhi offers a platform for yoga practitioners and facilitators to be part of a growing movement rooted in authenticity.

The Garden Café: Where Wellness Meets Indulgence

The Anokhi Café is one of Gokulam's most beloved meeting spots. With its shaded outdoor seating, flowering trees, and slow-living vibe, it's a place where people come not only to eat, but to pause. The café serves vegetarian and vegan food made from locally sourced ingredients, often organic, always fresh. From smoothie bowls, ragi pancakes and multigrain and ragi sandwiches to their own brand of locally sourced and self roasted Organic coffee - you should try their espressos or americanos.

It's no surprise that the café has become a regular feature in travel guides and digital media. **Lonely Planet praised it for its "lush setting and consistently fresh flavors,"** Throughout the season, Anokhi hosts events like clothes swaps, Kirtan's, ice-baths, community dinners, wellness workshops, and spontaneous live music evenings. Guests often leave with lifelong friendships with Anokhi

Lonely Planet praised it for its "lush setting and consistently fresh flavors," while **Curly Tales** a famous travel blog highlighted it as one of Mysore's "hidden green gems." Arguably one of India's most famous travel influencer **Shenaz Treasurywala** has also stayed with and recommended her time spent at Anokhi. Last but not the least **Conde Naste & Mahindra and Mahindra** (also has featured us)

The global Indian conglomerate recently concluded a two day Yoga festival in collaboration with Anokhi Garden Bombay at their HQs. Anokhi has also sponsored and played an important role in the wonderfully structured **Mysore Yoga Utsava.**

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Abracadabra... Abracadabra...

By K.B. Ganapathy

A miracle in Jerusalem

THE CHURCH OF GETHSEMANE: ***Church of all Nations. World-wide Christian generosity contributed to the erection of this Church; hence its modern name — "Church of all Nations." It was here where Jesus and his disciples concealed themselves before being led prisoner from the garden to Jerusalem.***

While writing the *Abracadabra* titled ***"Pondering over wars and warmongers of the world!"*** on June 19, 2025, I remembered my trip to Israel 28 years ago.

In 1997, I went on a Christian Holy pilgrimage to Israel with my Hindu friend late R. Gururaja, a retired Commissioner of Provident Fund (PF), Karnataka, along with a group of Christian pilgrims. It was a two-week pilgrimage. There was peace in the region but infrequent terrorist attacks were taking place. None in the group was deterred by the terror threat.

Our stay and tours were comfortable, about which I had written in detail in this column on return. However, there was one incident of great concern to our tour-operator and all of us when we found my friend R. Gururaja missing from the group, like a black sheep. After waiting for nearly an hour we got into the bus and left to our next destination, hoping he would find his way to the hotel. Further, he was to board a flight to America where his daughter was. Anyway, we were relieved when we found him in the hotel.

Later I asked him to write to *Star of Mysore* about his experience as a member of the "Lost Tribe." **Here I am reproducing his article.**

After a traumatic experience in Jerusalem, I was on board ELAL, an Israeli plane, bound to New York from Tel Aviv, brooding over a miraculous reunion with my party after a careless separation from it at the Holy sepulchre or the tomb of Jesus.

The jumbo jet carried 800 passengers of whom I was a solitary non-Jew. I was occupying the aisle seat while Ms. Sully Urman had preferred the window and in between sat a sickly woman. **Without any formality, I surprised Ms. Sully with a question: "Madam, do you believe in miracles?" She coolly replied: 'No sir, I believe in destiny.'**

And, to illustrate her point, she narrated her story. She had two sons and the first one was a physical wreck. She and her husband had tried all doctors and even quacks to bring back the boy to normalcy in vain. They gave up all hopes and thought the boy would kick the bucket. Then it happened, unnoticingly. The boy began to show improvement slow at first, rapid gradually. All the deformities or infirmities began to vanish and today he has become a handsome young man of 24, perfect in health. Ms. Sully says it is all destiny, he was destined to live!

From another point of view, she says that her second son who was normal from the very beginning has not been able to achieve as much as his elder brother who was given up as a lost cause.

Earlier our group of tourists, all Christians except for two, on a Holy pilgrimage trip to Israel for two weeks, had landed in Tel Aviv, the capital.

From Tel Aviv to Jerusalem is a distance of 37 miles. After dumping our luggage at hotel Shalom Jerusalem, our coach with about 25 visitors, predominantly Indian Christian pilgrims with vows to redeem, barring yours obediently and the Editor of *Star of Mysore*, made its way to Calvary, or Golgotha in Hebrew meaning the place of the skulls where Jesus was crucified along with two robbers for company. The coach passed through Mt. Scopus and the Mt. Olives. It was at the Olive Park of Gethsemane that Jesus had his Last Supper and it was here that Judas betrayed him to Roman Pilate for a few pieces of silver. Jesus gave bread to his disciples and said 'Take eat. This is my body' and shared drink saying "My time is at hand. Drink ye all of it for this is my blood which is shed for many for the redemption of sins."

Our coach left us at the entrance of the walled city to walk the distance through Via Dolorosa or the way of sorrows, the Church of the Holy sepulchre, the Church of resurrection and Calvary or Golgotha, the place where Jesus was actually crucified and also on the third day where he rose from the grave.

I was lost in thought, forgot the group and blissfully ignorant of where I was going, retraced the steps and looking downwards was slowly trekking almost imagining that all members of my group were either a few yards ahead of me or behind me. But when I landed in the street, I found that I had lost my way, isolated and almost impossible to get to my coach and party in a strange land.

I made my way to the city bus stand and enquired of the driver if he could drop me at the Shalom Jerusalem Hotel. The fellow, however, asked me to get down at the next stop hardly 20 yards from the start telling me the hotel had arrived. I cursed him wholly for his cheating and a street-goer pointed out that Bus No. 20, bus which is on the other side of the road, would take me to my destination. I ran across the road risking accidents but the bus left.

I was exasperated and cried loudly, "Jesus, why did you ask me to come to Jerusalem. Look at my plight!"

Just then from nowhere a coach came. The insiders shouted: "The fellow is here. Don't let him alone anytime from now." They physically lifted me inside and like a very good boy I occupied my seat by the side of the Editor of *Star of Mysore!*

e-mail:
voice@starofmysore.com

Voters to get EPICs within 15 days: ECI

New Delhi, June 21 (UNI)- To ensure faster delivery of Electoral Photo Identity Cards (EPICs) to the voters, the Election Commission of India (ECI) has introduced a new Standard Operating Procedure (SOP) enabling the delivery of EPICs within 15 days of an update in the electoral rolls, including new enrolment of an elector or change in any particulars of an existing elector.

The initiative is in line with the various measures being undertaken by the ECI for the convenience of voters as envisaged by the Chief Election Commissioner Gyanesh Kumar along with Election Commissioners Dr. Sukhbir Singh Sandhu and Dr. Vivek Joshi, a release said.

The new system will ensure real-time tracking of each stage right from the EPIC generation by the Electoral Registration Officer (ERO) till the delivery of EPIC to the elector through the Department of Posts (DoP). Electors will also receive notifications via SMS at each stage, keeping them informed about the status of their EPICs.

For this purpose, ECI has introduced a dedicated IT module on its recently launched ECINet platform. The new IT platform will replace existing process by re-engineering the current system and streamlining workflow.

DoP's Application Programme Interface (API) will be integrated with the ECINet for seamless delivery. This initiative aims to enhance service delivery while maintaining data security. Providing prompt and efficient electoral services to all its electors is a major focus area for the ECI.

Yoga courses online

Mysuru, June 21-The National Academy of Yoga has invited online applications from all over Karnataka for its Government of India Certified Yoga Courses Online Training. Those with 10+2, Degree and PG may boost their skills in the field of Yoga.

Applicants can choose from various courses, including Yoga Teacher Training, Diploma in Yoga, PG Diploma in Yoga, Post Diploma in Yoga and Certificate in Yoga. These courses range from 3 months to a year. Upon successfully completing the course, participants will receive a Government of India Certificate, recognising their expertise in Yoga. Candidates may apply online *(www.nationalyogaacademy.org)*. For details contact Mob: 81799-55744, according to a pres release from Adapa Venkat Reddy, Director, National Academy of Yoga (A unit of Bharat Seva Centre).

Spare wheels new target for thieves

Wheels of 14 Thar vehicles in Vijayanagar Second, Third Stages stolen in one night

Mysuru, June 21 (RK&BCT)- Gone are the days when tyre thieves would painstakingly balance vehicles on large stones to remove all four wheels. These criminals have now adopted new tactics and have started targeting the spare wheels mounted on the back of Mahindra Thar vehicles in some localities.

Reports of Thar spare tyre thefts have been surfacing, with multiple vehicles being hit in a single night and entire sets of tyres along with alloy wheel discs being stolen. These thefts are mostly occurring in residential areas.

In the early hours of June 18, between approximately 1.30 am and 3.30 am, thieves targeted 14 Thar vehicles in Vijayanagar Second Stage near the Kannada Sahitya Parishat and in Vijayanagar Third Stage behind Aishwarya Hospital. The stolen wheels are estimated to be worth Rs. 5,60,000.

CCTV footage reviewed by the Police shows a man driving a silver XUV500 (old model) systematically targeting the spare wheels of parked Thar vehicles.

Vijayanagar Police Inspector S.D. Suresh Kumar stated that the suspect in the silver XUV500 has been monitoring cars on various residential roads for months, looking for alloy-wheel-fitted vehicles parked close to compound walls, making them easy targets for a swift theft and escape.

In one CCTV clip from Vijayanagar Second Stage, a man wearing a cap is seen calmly detaching the spare wheel in the dead of night while other vehicles pass by. Once removed, he rolls the wheel to his car for a quick getaway. Police investigations are ongoing to identify and arrest the culprits involved.

Alloy wheels are a popular upgrade among vehicle owners due to their stylish appearance, lighter weight compared to steel wheels, and the performance benefits they offer, including improved fuel efficiency and better braking. Because of their high resale value, thieves often sell these stolen wheels through online marketplaces.

Alloy wheels are made from combination of magnesium, aluminium and other metals giving vehicles a premium look.

According to the Police, each alloy wheel and disc costs around Rs. 40,000, significantly more than conventional steel wheels, which are heavier but more durable and resilient. In contrast, alloy wheels provide better heat dissipation, enhancing overall braking performance.

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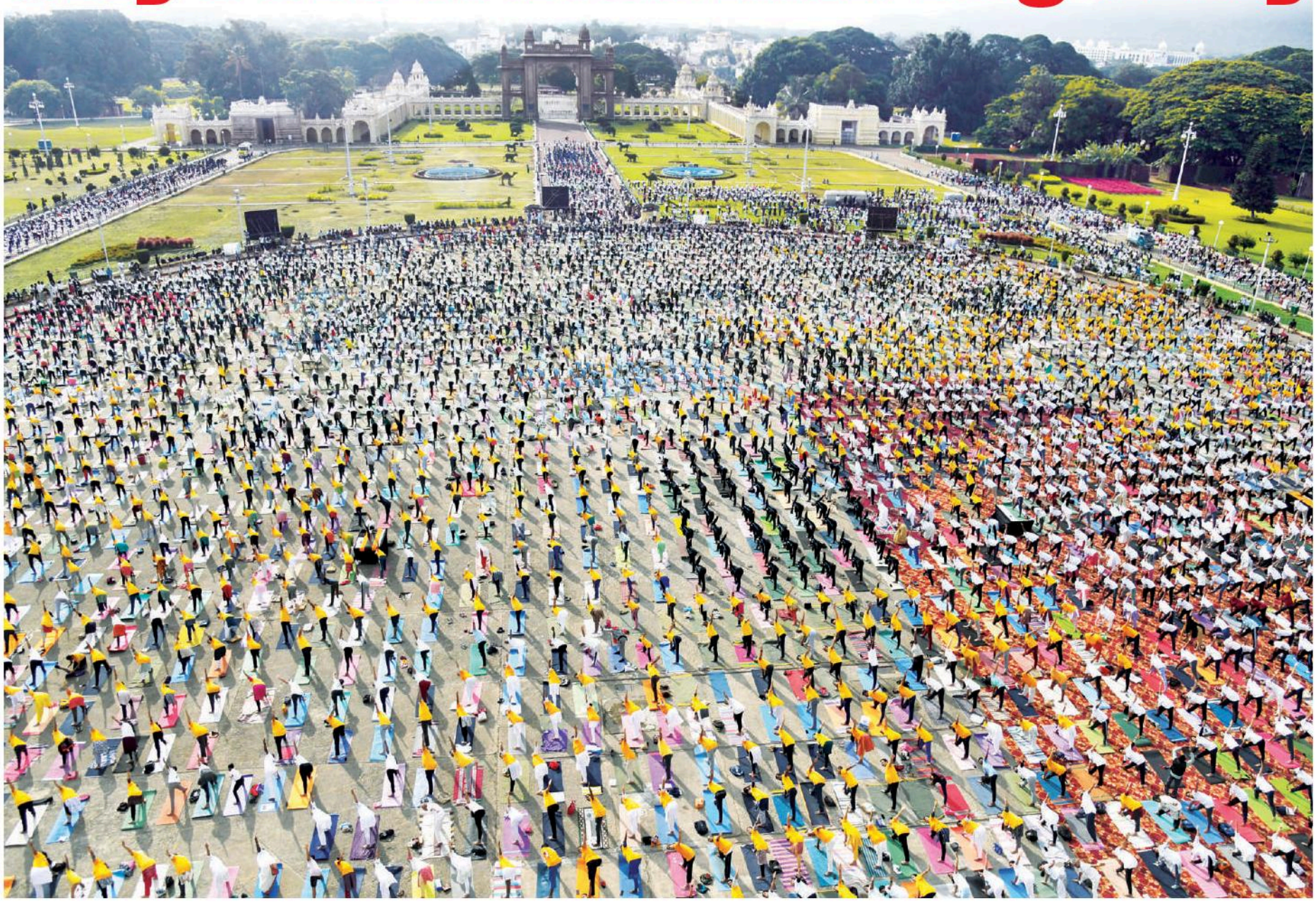
City celebrates Intl. Yoga Day



Thousands of Yoga enthusiasts performing 'Trikonasana' during the 11th International Day of Yoga celebrations held at Mysore Palace premises in city this morning.

(Continued from page 1)

The authorities had built a big stage measuring 40 ft. width x 25 ft. length with an LED screen in the backdrop and another stage measuring 20 ft. x 15 ft to help the participants follow the instructions by Yoga gurus.

Earlier, inaugurating the event by lighting the lamp, Social Welfare and District Minister Dr. H.C. Mahadevappa, spoke about the importance of Yoga and said, "Yoga was one of the ancient methods followed by people to maintain good physical and mental health."

Roots in India

"It has been proven that by practising Yoga, one can maintain good health. Though Yoga has roots in India, it has gained popularity across the globe, prompting Prime Minister Narendra Modi to hold talks with the World Health Organisation (WHO) to declare June 21 as International Day of Yoga. The day is not only to promote Yoga, but to send a message that the whole world is one family and everyone is equal," he said.

Dr. Mahadevappa also remembered Mysureans setting a Guinness World Record for the largest gathering for a single event during the International Day of Yoga held on June 21, 2017, at the Mysore Race Course premises.

Later speaking to media persons, Dr. Mahadevappa, when asked about the commercialisation of Yoga, said it was not possible to provide everything at a free of cost as it involved many teachers who had dedicated their lives to Yoga.

For a question related to Yoga University, Dr. Mahadevappa was very clear in stating that it was not possible to come out with Universities for every subject. "Yoga being an integral part of the health sector, the concerned University will initiate measures to include Yoga in its curriculum," he added.

'Yoga Gurus of Mysuru are known worldwide'

During his address at International Day of Yoga celebrations, Mysuru-Kodagu MP Yaduveer Krishnadatta Chamaraja Wadiyar remembered the contributions of Yoga Gurus from Mysuru for popularising Yoga across the globe.

"Mysuru has been at the forefront of promoting Yoga for decades. Yoga gurus from Mysuru have received international acclaim by taking Yoga to various parts of the world. Practising Yoga in a pleasant weather will help in maintaining good mental and physical health," he added.

Krishnaraja MLA T.S. Srivatsa, DC G. Lakshmikanth Reddy, ZP CEO Ukesh Kumar, MCC Commissioner Shaikh Tanveer Asif, City Police Commissioner Seema Latkar, SP N. Vishnuvardhana, District AYUSH Officer Dr. C. Renuka Devi and other officials, members of various Yoga Associations, took part in today's event.

It may be noted that as a prelude to International Day of Yoga, the Department of AYUSH had conducted various programmes such as 'Yoga Dhanush',' Yoga Unplug' and 'Harita Yoga' at various locations in the city, including the Mysore Palace and Lalitha Mahal Palace Hotel.

Similar programmes were held in various locations in the city, including Suttur Mutt premises in Suttur, Payana Car Museum on Bengaluru-Mysuru Highway, Srikantadatta Narasimharaja Wadiyar (SDNR) Stadium, Manasagangothri campus by the University of Mysore, JSS Ayurveda Medical College, SBRR Mahajana First Grade College and Maharaja's College, among several other venues.

Siddaramaiah and his chair are strong: Dr. H.C. Mahadevappa

District Minister Dr. H.C. Mahadevappa taking part in Intl. Day of Yoga celebrations held at Mysore Palace premises along with (from left) City Police Commissioner Seema Latkar, MP Yaduveer Wadiyar and MLA T.S. Srivatsa.

Mysuru, June 21 (MTY&VNS)- With talks about a possible change in leadership in the State making rounds, Social Welfare and District Minister Dr. H.C. Mahadevappa ruled out such possibilities stating that both the Chief Minister's chair and person currently sitting on it (Siddaramaiah) were strong and it was only rumours that was being spread about change of leadership.

Speaking to media persons after taking part in the 11th International Day of Yoga at Mysore Palace premises, Mahadevappa said, "We do not know about which chair is going to change, but as far as we know, there is no such possibility of change in the Chief Minister's chair."

Dr. Mahadevappa, who took a dig at Opposition parties, said the BJP had been daydreaming of forming a Government in the State. Neither BJP nor JD(S) has formed a Government with a majority. While JD(S) has enjoyed power only by forming coalition Governments, BJP has formed Governments only through 'Operation Kamala', he said.

"The present Congress Government has over 135 MLAs, and it is not an easy game to persuade our MLAs through 'Operation Kamala'. We also have information about the BJP's failed bid to induce our MLAs. Our Government has been elected by the people for five years, and we will complete our term," he added.

PM Modi leads IDY-2025 from Visakhapatnam's beachfront

Visakhapatnam (Andhra Pradesh), June 21 (Agencies)- On the occasion of the 11th International Day of Yoga (IDY), Prime Minister Narendra Modi led the national celebrations from Visakhapatnam, this morning.

He participated in a Common Yoga Protocol (CYP) session at Visakhapatnam's beachfront held along a 26-kilometre stretch from Ramakrishna Beach in Visakhapatnam to Bhogapuram alongside nearly five lakh participants.

Across the country, *Yoga Sangam* events were organised at over 3.5 lakh locations, with people from all walks of life joining in a unified demonstration of India's ancient wellness tradition.

This year's theme, "Yoga for One Earth, One Health", highlights the deep interconnection between human well-being and planetary health, echoing India's enduring philosophy of "Sarve Santu Niramaya" (May all be free from disease).

Addressing the gathering after the session, Prime Minister Modi noted that this year marks the 11th time the world has come together on June 21 to celebrate Yoga. He emphasised that the essence of Yoga is "to unite" and expressed satisfaction at how Yoga has connected people globally.

Reflecting on the journey of Yoga on the world stage, he recalled India's proposal for an International Day of Yoga at the United Nations, which received unprecedented support from 175 countries — a testament to Yoga's universal appeal and its potential to benefit humanity as a whole.

"Eleven years on, Yoga has become an integral part of the lifestyle of millions worldwide," he said. The Prime Minister took pride in how persons with disabilities are reading yogic texts in Braille, scientists practise Yoga even in space and rural youth actively participate in Yoga Olympiads.

PM Modi performing 'Bhujangasana' during 11th International Day of Yoga celebrations at Visakhapatnam this morning. Also seen are Andhra CM N. Chandrababu Naidu and Deputy Chief Minister K. Pawan Kalyan.

Call for renewed global commitment

Modi noted that Yoga transcends boundaries and barriers. "Whether it is the steps of the Sydney Opera House, the summit of Mount Everest or the vast expanse of the ocean — Yoga's message is the same: Yoga is for everyone, everywhere, regardless of background, age or ability," he said.

Amid rising stress, unrest, and instability globally, he described Yoga as humanity's "pause button" — offering a chance to breathe, balance and heal.

Calling for a renewed global commitment, Modi urged that this International Day of Yoga should mark the beginning of "Yoga for Humanity 2.0", where inner peace shapes global policy. He stressed that Yoga must grow beyond a personal practice to become a tool for global partnership and harmony.

Andhra Pradesh Chief Minister N. Chandrababu Naidu and Deputy Chief Minister K. Pawan Kalyan also performed Yoga alongside the Prime Minister, adding to the significance of the national event.

In addition to the mass gatherings, special contests like Yoga with Family and youth-focused initiatives under Yoga Unplugged were launched on platforms like MyGov and MyBharat to boost participation, particularly among the youth.

University of Mysore celebrates Yoga Day

University of Mysore celebrated International Day of Yoga-2025 with Vice-Chancellor Prof. N.K. Lokanath, Registrar M.K. Savitha, Yogatma D. Srihari of GSS and others performing 'Vrikshasana' at SDNR Wadiyar Stadium in Manasagangothri this morning.

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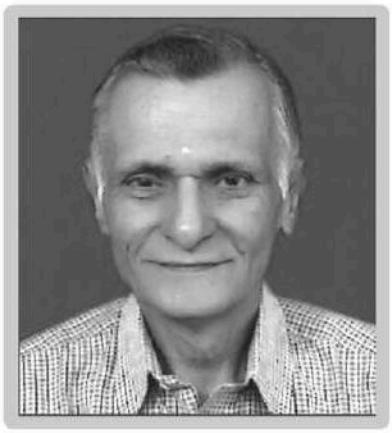

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CM to chair Dasara High Power Committee meeting on June 26

Siddaramaiah

Bengaluru, June 21 (KMS&BS)- Hopes flicker high on grand Dasara celebrations this year, with the situation being conducive as the dams in Mysuru region are nearing its brim, following incessant rainfall in Cauvery catchment area.

Chief Minister Siddaramaiah, who also holds Finance portfolio, has convened Dasara High Power Committee meeting here on June 26 at the Banquet Hall of Vidhana Soudha. The District Administration of Mysuru has been instructed to be present at the meeting, along with the elected representatives concerned, Ministers of Tourism, Kannada and Culture, Urban Development, Home and the Secretaries of respective Departments.

For the first time after a gap of 45 years, Krishna Raja Sagar (KRS) dam is most likely to reach its full capacity of 124.80 feet this month itself, as the water level in the dam has already touched 118.60 feet.

Siddaramaiah, who is holding the reins of Chief Minister's Office (CMO) for the second term, seems to have made up his mind for hosting Dasara uniquely, setting a precedent unlike all these years. Another reason to rejoice is, abundant rain the south west monsoon has showered this time in the preceding months triggering farming activities and improving power generation capacity averting any chances of power disruption.

Unlike Navaratri that concludes with Vijayadashami on the tenth day, Dasara this year will be a 11-day spectacle. If sources are to be believed, the annual cultural jamboree may get more funds, that may not just boost the tourism potential of the State, but also attract a large number of tourists to the tourist spots in and around the borders of Mysuru.

As is the style of functioning of CM Siddaramaiah, the chief guest who inaugurates Dasara every year at Chamundi Hill is not decided at the maiden Dasara High Power meeting. The decision is left to the prerogative of CM Siddaramaiah. The meeting is expected to take a call on its financial commitment for the annual festival and the preparations undertaken so far by the District Administration.

Drop Cauvery Aarti, Amusement Park plans at KRS Dam: Farmers

Government has taken a unilateral, irrational decision without public consultation, alleges Raitha Sangha

Mysuru, June 21 (MTY&BCT)- Karnataka Rajya Raitha Sangha (KRRS) State President Badagalapura Nagendra has urged the State Government to immediately drop its proposed plans for conducting Cauvery Aarti and establishing an Amusement Park at the Krishna Raja Sagar (KRS) Reservoir.

KRRS State President Badagalapura Nagendra addressing a press meet in city recently as leaders A.L. Kempugowda, Hosakote Basavaraju, Hosuru Kumar and P. Maramkaiah look on.

Addressing a press conference at the Pathrakarthara Bhavan in the city recently, Nagendra criticised the Congress Government in Karnataka for pushing ahead with the plans without seeking public opinion, especially near the historic Dam, which he described as sensitive and vital for the region.

He condemned the initiative as 'irrational and superstitious' and questioned the need to spend Rs. 92 crore on the Cauvery Aarti project, terming it a "meaningless and unjustifiable waste of public money."

Nagendra recalled that a similar Disneyland-style project had earlier been proposed but was dropped following strong opposition from the Raitha Sangha and other organisations.

"Reviving the Amusement Park plan without consulting the people is unacceptable. Our priority must be the safety and integrity of the dam, not entertainment infrastructure," the farmer asserted.

Compensation for farmers

Highlighting another pressing issue, Nagendra demanded that the Karnataka Industrial Areas Development Board (KIADB) ensure rightful compensation for farmers whose lands were acquired for Film City at Immavu village, Chikkaiahanachatra Hobli, Nanjangud taluk.

The Board has acquired 1,123 acres, part of which is earmarked for the Film City. However, about 700 farmers have been cultivating these lands for 70 - 80 years and have applied for regularisation.

While the Government has sanctioned Rs. 18 crore and promised an ex-gratia payment of Rs. 4 lakh per farmer with unauthorised cultivation rights, he alleged that the compensation is being diverted to ineligible beneficiaries from other taluks.

He demanded a thorough investigation and strict action against corrupt officials, insisting that genuine cultivators be compensated without delay.

Protest against land acquisition

KRRS has also announced a Statewide protest "Devanahalli Chalo" on June 25, opposing the proposed acquisition of approximately 1,777 acres of fertile land across 13 villages in Channarayapatna Hobli, Devanahalli taluk, by the KIADB.

Nagendra reminded that farmers had earlier resisted similar attempts during BJP regime, with Congress leaders — including the current CM Siddaramaiah — then assuring that forced acquisition would not be allowed.

Protestors now accuse the Government of going back on its promise. Farmers, dalits, daily wage workers, women, youth activists and labourers from across Karnataka will gather in Devanahalli to stage a sit-in protest in front of the Tahsildar's office demanding the withdrawal of the land acquisition plan, Badagalapura Nagendra said.

Nitin Kushalappa wins Kendra Sahitya Akademi Bal Sahitya Puraskar

Nitin Kushalappa

Mysuru, June 21 (BCT)- Kodagu-based author and engineer Mookonda P. Nitin Kushalappa has been awarded the prestigious Kendra Sahitya Akademi Bal Sahitya Puraskar for his latest work, *Dakshin: South Indian Myths and Fables Retold*, published by Puffin Books in 2023.

The awards were announced in New Delhi on Wednesday (June 18), and Nitin is among 24 writers to receive Bal Puraskar this year. The Sahitya Akademi is the country's central institution for literary dialogue, publication and promotion, and is the only organisation to conduct literary activities in 24 Indian languages, including English.

The awards honour authors whose works exemplify outstanding literary merit and cultural relevance. This year's selection showcases a rich tapestry of genres — from poetry and novels to short stories and criticism — highlighting both emerging and established voices.

"Although I have authored seven other books, this is my first book for children. Winning this award was unexpected, and I am grateful that my work has found such recognition. I thank the Sahitya Akademi for conferring the Bal Sahitya Puraskar on me. I am also thankful to my publishers, book agents, relatives, friends, and everyone who supported me on this journey," Nitin told *Star of Mysore*.

An engineer by profession, Nitin is known for his deep interest in Kodagu's local history, folklore and fiction. His publications include *'The Early Coorgs'*, *'Long Ago in Coorg'*, *'1785 Coorg'*, *'Kodagu Principality vs British Empire'*, *'The Major Who Kept His Cool'*, *'The House of Awadh'* and *'The Gandhi of Kodagu'*.

His latest work, *'Dakshin: South Indian Myths and Fables Retold'*, reflects his signature storytelling style, which blends regional history with creative retelling. Award winners will each receive a casket containing an engraved copper plaque and a cash prize of Rs. 50,000 at a special ceremony on a later date.

A native of Kodagu, Nitin is the son of Mookonda K. Poonacha (Sunny) and M.P. Damayanthi (Pushpa), residents of Ammathi. He is married to Deepthi Belliappa from the Ketolira family.

2019 award

In 2019, Codanda Devika Cariapa received the Kendra Sahitya Akademi Bal Sahitya Puraskar for her book *'A Children's History of India in 100 Objects'*, published by Penguin Random House India.

The book is a compilation featuring 100 objects that hold significant relevance in Indian history, from prehistoric times to modern-day India. The emphasis has been to capture India's diversity through concise and descriptive texts and beautiful illustrations. Devika is the daughter of Lt. Gen. Biddanda C. Nanda (late) and Leela Nanda and wife of IAF Group Captain (Retd.) Codanda Chitrajit Cariapa.

Chamarajanagar writer bags award for literary criticism

Dileep Kumar

Shivalingappa

Chamarajanagar, June 21 (OSR)- Youth writer from Chamarajanagar, R. Dileep Kumar and Ballari district writer, Shivalingappa Handihalu, have bagged the prestigious Kendra Sahitya Akademi Award-2025.

Dileep has won the Akademi's 'Yuva Puraskar' for his work *'Pachheya Jaguli'*, a collection of literary criticism articles.

Born on March 16, 1991, Dileep is a poet, critic and researcher. A post-graduate in Kannada, he has authored a series of reviews on both the Mahakavyas of Pampa and written articles on Vachana Sahitya under the title *'Shabdha Sopana'*.

He also has a poetry collection titled *'Haaruva Hamsa'* to his credit. Having been mentored by Prof. G.H. Nayak and Prof. Maheshwari, he has received numerous other accolades, including Second Prize of Kerala Central Akademi, Channaveera Kanavi Poetry Award, Mangala Muddumadappa Endowment Award and Janamitra Award.

Shivalingappa received 'Bal Sahitya Puraskar' for *'Notebook'*, a collection of children's stories. Hailing from Handihalu in Ballari, he serves as a teacher at Government Higher Primary School in his native and has authored several other works.

Lack of culture sparking evil thoughts: Sanskrit Varsity VC

Mysuru, June 21 (BLU&BS)- Dr. S. Ahalya, Vice-Chancellor (VC) of Karnataka State Sanskrit University, has said that the spate of unsavoury incidents being reported in the recent days stem from the lack of culture in man triggering evil thoughts in them.

Dr. Ahalya was addressing the gathering after inaugurating the two-day national seminar on the topic 'From Sound to Script, Rhythm to Rasa: Indigenous Music Performing Arts and Sanskrit Traditions in Cultural Identity and Education,' organised as part of World Theatre Dance and Music Day by Karnataka State Dr. Gangubai Hangal Music and Performing Arts University, in city this morning.

Dr. S. Ahalya, VC of Karnataka State Sanskrit University, lighting the lamp to mark the inauguration of 2-day National Seminar at KSGH Music and Performing Arts University in city this morning as others look on.

"Yoga is described as the soft corner of music, but the ongoing in the present society show how the absence of culture in man is sprouting evil thoughts in him," rued Dr. Ahalya.

The essence of music lies in Sanskrit and one can feel the experience upon hearing the song on Indian tradition. With the theatre in a phase of transformation, the art is set for enrichment. The Sanskrit plays are still staged proving its extinction. The visual media commands enormous influence and the verbal acting still has its own power.

Most of the literature is written in Sanskrit denoting the tradition of the country while the language of expression is in theatre. Even the language we speak produces a music and one cannot even have a conversation sans music. The art of dance has historical significance and there is a reference of natya (dance) in all the Vedas, said Dr. Ahalya.

Yoga as an art is popular world over and is rated as a three million dollar industry. Theatre exists through metaphor and has been disseminating several messages, with the tradition of theatre standing strong. However, it underwent several transformations in 10th and 11th centuries.

KSGH Music and Performing Arts University VC Dr. Nagesh V. Bettakote, Registrar (Evaluation) Prof. M.G. Manjunath, Art Historian Prof. Choodamani Nandagopal and retired Prof. Sudheendra Sharma were present.

Bharatiya Jain Sanghatana Mysuru Chapter celebrates Yoga Day

Mysuru, June 21- The Bharatiya Jain Sanghatana (BJS), Mysuru Chapter, celebrated International Day of Yoga with great enthusiasm and participation at the Children's Traffic Park in city this morning. The event aimed to promote the importance of yoga for physical and mental well-being among the community.

The yoga session was conducted by Rachna, an experienced yoga trainer, who guided the participants through a series of yoga asanas and breathing exercises. The session focused on holistic health, relaxation and mindfulness, resonating with the global theme of Yoga Day.

Project Director Sharmila Dhoka explained in detail about brain power yoga and also highlighted the importance of it in our day-to-day life.

BJS Mysuru Chapter President Rajan Baghmar, Treasurer Manohar Sankala, Vice-Presidents Amit Chowhan & Kushal Palerecha, Secretaries Rajendra Desarla, Sunil Patwa and Navratan Pitaliya, Regional Secretary Sukhraj Vinayakiya, Ladies Wing President and Project Director Sharmila Dhoka, Ladies Wing Secretary Seema Bohra and Anchal Desarla, all members actively participated in the session.

Event concluded with a vote of thanks by Rajendra Desarla.

Bharatha Yoga

Tradition with Purpose, Practice with Clarity

Bharatha Yoga: Tradition with Purpose, Practice with Clarity. As International Yoga Day shines a spotlight on India's most profound cultural contribution to the world, Mysuru. **Bharatha Yoga,** a practice system developed by **Acharya Bharath Shetty,** whose work blends classical yogic wisdom with structured, modern-day relevance.

Bharatha Yoga was not built overnight, nor was it created to be a brand. It emerged gradually from Acharya Bharath's lived experiences - first as a young student healing through yoga, and later as a teacher grounded in the methods of B.K.S. Iyengar. His exposure to traditional systems helped shape a practice that does not chase performance or popularity but instead encourages balance, steadiness, and a long-term relationship with yoga as a way of life. Today, Bharatha Yoga is taught at the Bharatha Yoga Shala in TK Layout, Mysuru, where students of all ages and walks of life come not just to stretch, but to reconnect with breath, focus, and purpose.

A Practice Grounded in Experience:

Acharya Bharath's personal story remains central to Bharatha Yoga's philosophy. He began practicing yoga during his teenage years as a response to chronic health issues. What began as a necessity became a calling. Over time, and under the guidance of legendary teachers like B.K.S. Iyengar, he developed not just technical mastery but a deeper understanding of yoga's therapeutic and trans formative aspects.

Having taught in more than 60 countries over the years, Acharya Bharath returned to Mysuru to create a space that honoured yoga's roots while remaining relevant to present-day lives. Bharatha Yoga, as it stands today, offers structured teaching that is simple, sustainable, and suited to the real needs of students-whether they are beginners seeking clarity or practitioners looking to deepen their understanding.

Expanding the Reach: The Bharatha Foundation: In 2014, the work expanded through the establishment of the **"Bharatha Yoga Foundation",** a registered public trust. It's goal was clear from the beginning - to take yoga beyond studio walls and offer it as a meaningful, accessible tool for well-being and awareness in everyday life. Since then, the Foundation has consistently worked across Karnataka, particularly in schools and under served communities, to create safe and supportive spaces where yoga is used for education, wellness, and mental health.

The Foundation's outreach programs include yoga sessions in schools, community based wellness workshops, and support for women and adolescents facing stress-related health concerns. Over time, the Foundation has become a respected name in preventive health and awareness-driven education - one that places people and purpose at the centre of its work.

Evolving Without Losing the Core: While Bharatha Yoga holds firmly to traditional values, it has continued to evolve with the times. The system today offers a variety of programs that cater to specific needs - **from therapy-focused sessions for conditions like PCOS, anxiety, and hormonal imbalances,** to internationally recognised teacher training courses, and online programs for global students. These offerings are structured, but never rigid. They are designed to ensure that the essence of yoga is preserved while the application remains practical and inclusive.

At a time when much of modern yoga tends to focus on form, **Bharatha Yoga remains focused on function - how yoga can support clarity of mind, balance in lifestyle, and sustainable personal growth.**

A Quiet Commitment to Wellness: On this International Yoga Day, Bharatha Yoga stands as a reminder that the true strength of yoga lies not in how visible it is, but in how deeply it is lived. The work of Acharya Bharath Shetty - both through the Yoga Shala and the Foundation-continues to impact lives steadily, without spectacle. It is not a loud journey, but a committed one.

In a world that often moves too fast, Bharatha Yoga offers an invitation to slow down, return to the basics, and build strength - not just in the body, but in thought and awareness and in doing so, it carries forward the quiet power of Indian yoga, one practice at a time.

—Promotional Feature

Decline in patronage hurting Kannada cinema: Actor Kishore

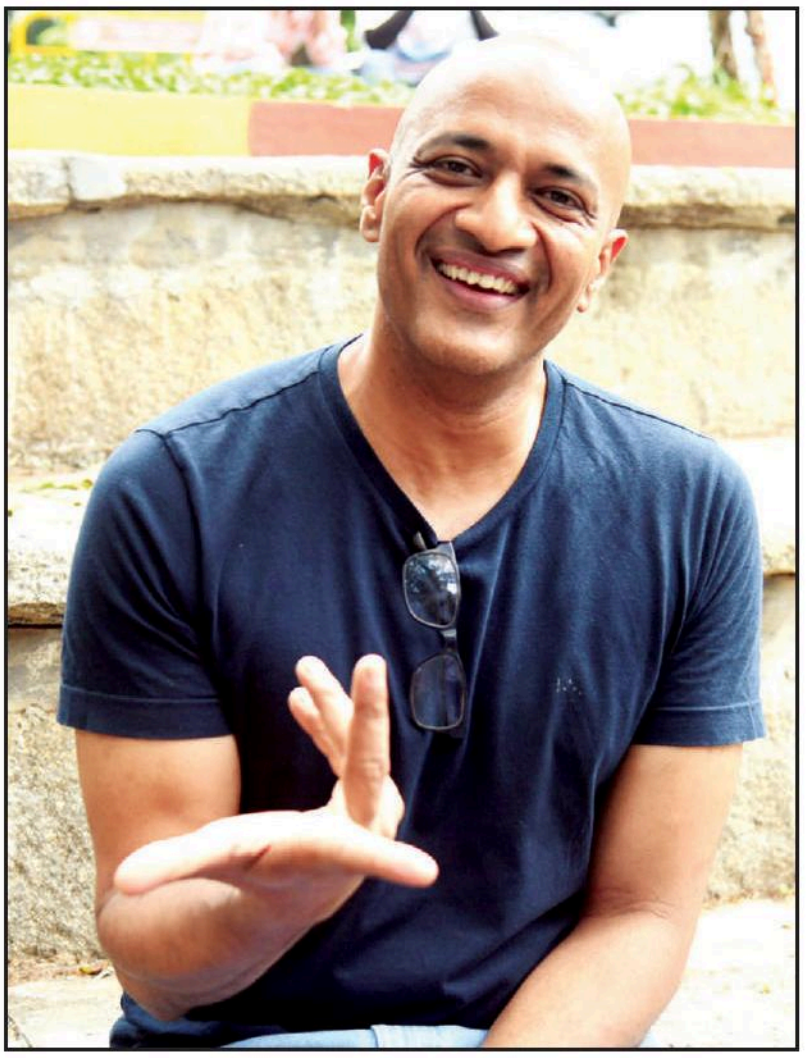
Actor Kishore Kumar, who was recently seen playing the role of Forest Officer 'Murali' in the superhit Kannada movie 'Kantara', forayed into the movie industry through 'Kanti', starring Sri Murali and Ramya, in 2004. He played a negative character, Beera, which earned him the Karnataka State Film Award for Best Supporting Actor. From then on, there is no looking back.

Having acted in many Kannada movies, Kishore cast his spell in the Tamil Film Industry through 'Polladhavan' starring Dhanush and Ramya. And guess what! His first Tamil movie got him the Best Villain award at the Vijay Awards. Since then, he has been one of the sought-after actors in the Tamil filmdom too.

Kishore did not restrict himself to Kannada and Tamil cinemas. In 2006, he tried his hand in Telugu with the movie 'Happy' starring Allu Arjun and Genelia D'Souza and later the Malayalam film 'Thiruvambadi Thamban' in 2012.

This year, he made a leap into Bollywood playing the role of Inspector Prakash in the movie 'Sikandar' starring Salman Khan and Rashmika Mandanna. He has also featured in several series on OTT platforms, including 'The Family Man', 'She', 'Parachute', among others.

His intense passion towards acting brought him back to theatre after a long gap through the play *'Love Letters – Ninna Preethiya Naanu'*, which was staged at Kiru Rangamandira in Kalamandira recently. *Star of Mysore* caught up with Kishore for a free-wheeling chat while he was on a break after rehearsal. Excerpts…



Kishore Kumar

By S.N. Venkatnag Sobers

Star of Mysore (SOM): Having acted in many films, what is your view on theatre?

Kishore: Theatre for me is a free medium of expression. In cinema, we as actors compromise a lot as we are bound by a few restrictions. The focus will be on recovering the investment, fulfilling the expectations of the people and many other factors, including compromising with artistic expressions. While in the theatre, there are no such compromises, where there is a lot of freedom to express.

SOM: Being a senior actor yourself, what is your take on growth of theatre in the State?

Kishore: I have not been following theatre of late. But, if it has stayed and grown consistently for many years, it means that the theatre has a strong foundation and has been successful in achieving goals and continues to inspire even to this date.

While it is difficult to retain the audience for cinema today, theatre has been successful in retaining the audience. Despite coming out with good movies, we have been failing to reach the audience, but in theatre, whenever there is a good production, people watch to encourage the realm. Theatre has survived and continues to grow despite the evolution of many other forms of entertainment in the modern era.

SOM: Talking about movies, you said it has failed to keep audience intact. According to you, the reasons?

Kishore: According to me, there might be many reasons. Making a movie will be in our hands and also with the producers. The story also plays a crucial role, as well as the casting. But, with the change in audience taste and multiple mediums available for entertainment, hope flickers about people coming to theatre to watch movies.

Many involved in cinema industry complain about a drastic fall in attention span. But, when you look at the audience watching series on OTT, the attention span is not an issue. What I believe is that we, as movie makers, are failing to reach the audience. While a few have the expertise in reaching out to the movie buffs, some lack the expertise needed to ensure the movie ends up being successful.

SOM: Do you think affection towards language plays a vital role in movies being successful?

Kishore: Definitely yes. If you look at recent years, love towards the language is on the wane. Many children today are deprived of the opportunity to speak in Kannada language. The moment they go to school, they converse in English. When you do not speak in your own language, you won't be aware of vocabulary and also lack the ability to understand the dialogues on screen and eventually lose interest in watching the movies. Hence the language plays a very important role in touching the audience.

SOM: How, as an actor, do you adapt to theatre, series and movies?

Kishore: The difference between series and movies is very thin. As I said earlier, there is not much freedom as actors in films. But theatre is a very different arena. I am in a learning phase, having returned to theatre after a long gap. When compared to the younger days, theatre has become interesting and challenging.

While discussing with my team about theatre being monotonous due to repeated shows, I realised that the audience vary with every show and you have a different experience. For me, theatre is a continuous exploration where the interaction with the audience grows each time. But it is not the case in cinema; once the shoot is complete, it is done. In theatre, there is a scope for improvement with each show, while it is not the case in movies.

SOM: Being a multi-lingual actor, where does the Kannada Film Industry stand?

Kishore: I believe there is still much to be done in the Kannada Film Izndustry. Each time a good movie fails, it is a big failure. If we are unable to convince the audience about our efforts, it is a failure, and each time a movie fails, the gap between the audience and the industry widens. In Tamil and Telugu movies, despite them being of diverse cultures, they have continued to cater for the audience belonging to different genre, reaching both the older and younger generation.

We had achieved it a long time back, but somehow, we lost our way, unable to bring back the gamut of audience we enjoyed earlier. I believe that film education also counts. Children have to be taught how to watch and analyse movies. Only then will we be able to build a strong medium of entertainment and keep the industry going.

SOM: We have come across many who aspire to become actors but fail to impress. According to you, how patience counts for an actor?

Kishore: For an individual, it is important to know what he or she is chasing. If you are looking at recognition, then again, it depends on what level. I myself is still not aware about the level of recognition I enjoy. You cannot compare one individual to another. Moreover one cannot compare oneself to actors like Superstar Rajinikanth. It depends on our expectations. When our expectations are lower, it won't be a big burden. If you need to be successful, patience definitely plays a key role.

SOM: Thank you so much for your time.

Kishore: Thank You.

2-day Seminar on 'Yoga Pranayama' held

Mysuru, June 21- Scientific Pranayama Foundation Trust (SPFT), Mysuru, had organised 'Yoga Pranotsava-2025,' a two-day State-level Seminar on 'Yoga Pranayama,' on June 19 and 20 in collaboration with GSSS Institute of Engineering and Technology for Women (GSSSIETW) in Metagalli here.

The programme, held in association with ATME College of Engineering, Mysuru, RV College of Engineering, Bengaluru and Indian Yoga Association, Karnataka, was presided by Dr. Rajashekhar Reddy Poreddy, Neurosurgeon, Cancer Care India, Bengaluru.

Squadron Leader Paridhei Singh Karthik, retired Pilot, Indian Air Force, was the chief guest.

Yogamitra Dr. A. Subramanian, Secretary, Indian Yoga Association, Karnataka and Dr. Shivakumar, Principal, GSSSIETW, were the guests of honour.

The event started with chanting Udgeetha 'Om' by Dr. Devaki Madhav, Founder-President, SPFT, Mysuru, followed by her students, lighting the lamp by the organisers and guests.

Bharathi P. Salimath, retired Professor, Biotechnology, University of Mysore (UoM) and Director, Sanorva Biotech Pvt. Ltd, Mysuru; Dr. Nandini N. Manoli, Professor, Department of Pathology, JSS AHER, Mysuru; Dr. Vinay Venugopal, Professor & Head, Department of Physics, GSSSIETW, Mysuru; Dr. K. Raghavendra Pai, Secretary of Sri Vedavyasa Yoga Pratisthana, Mysuru, were judges for selecting the best presentees.

In between the presentations, expert speakers Dr. C.G. Prahalad Rao, Physician, threw light on the effect on Pranayama on ageing and longevity. Dr. Purushotham Shastry, Orthopaedician, JSS Hospital, enlightened the gathering on the effect of Pranayama on pain management.

Totally, 40 Pranayama practitioners from different parts of Karnataka and even abroad, presented papers on various dimensions of effect of Pranayama for wellness.

Valedictory: The valedictory function on June 20 was presided by Dr. Rajashekar Reddy Poreddy. Swami Mahamedhanandaji, Correspondent, RIMSE, Mysuru, was the chief guest. Dr. Seethalakshmi, SMD, Government Ayurveda Medical Hospital, Mandya and Dr. L. Basavaraj, Principal, ATME College of Engineering, Mysuru, were present. Dr. Devaki Madhav welcomed.

Swami Mahamedhanandaji gave a brief description on Ramakrishna Mission and also enlightened about the relationship of Pranayama and its use in achieving the goal of life.

Swamiji also distributed prizes to the winners who had presented papers on Pranayama. The details of the winners as follows:

Topic: Impact of Bhramari and Sheetali Pranayama.

1st prize - Monisha Shekar, 2nd - Dr. Maha Rudra Swami, 3rd - B.S. Seema and Consolation prize - Indiresha, Seetha Ramesh, K.B. Manjunath, Mythri Simha and Radhadevi Srinivas.

Dr. Raghavendra Pai, who was judge for selection of paper presentation, was honoured. Vijaya Shiroti, Administrator and Faculty SPFT, Mysuru, was also honoured recognising her contribution in spreading yogasana pranayama.

A Nritya Rupaka representing the balancing of Panchatantra led by Dr. Tulasi Ramachandra entertained the gathering. C.V. Prakash proposed a vote of thanks.

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This is to inform the general public that Geetha Bharathi Higher Primary School, Siddharthanagar managed by GSSS(R), Mysuru will now be known by the name **GITA BHARATI SCHOOL of EXCELLENCE** with effect from 17th June 2025, as per the order issued by DDPI, Mysuru vide order no: G3/2082/SHA.HE.BA/14/2025-26 dated 17-06-25.

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WORD OF THE DAY

Convivial

Pronunciation: kun-VIV-ee-ul (adjective).
Meaning: Convivial means "relating to, occupied with, or fond of feasting, drinking, and good company."
Origin: Convivial is a cheerful word that typically suggests a mood of full-bellied delight in good food, good drink, and good company, which Charles Dickens aptly captures in his novel David Copperfield: "We had a beautiful little dinner. Quite an elegant dish of fish; the kidney-end of a loin of veal, roasted; fried sausage-meat; a partridge, and a pudding. There was wine, and there was strong ale. ... Mr. Micawber was uncommonly convivial. I never saw him such good company. He made his face shine with the punch, so that it looked as if it had been varnished all over. He got cheerfully sentimental about the town, and proposed success to it." Convivial traces back to the Latin word convivium, meaning "banquet," which in turn comes from the verb vivere, meaning "to live." The word is in good company, as vivere has breathed plenty of life into the English language; other common descendants include survive, revive, vivid, and vivacious.
Example: "For Chrissy Metz, whose childhood upbringing was modest, she says, this house signifies more than just its aesthetic beauty. 'To have a home that I can invite people to and entertain is so important to me,' the actor confides, adding that she always invites people over when she's in town. ... The front sitting room, for example, which doubles as a game room, is the scene of many convivial game nights." — Ariel Foxman, Architectural Digest, 9 Sept. 2024.

THE ODD WORD

Campanulate

Shaped like a bell.

PHRASE OF THE DAY

Blaze A Trail

Meaning: The expression "Blaze a Trail" is used to talk about leading the way or clearing a path toward progress.
Origin: The term is believed to come from the mid-1770s, although it is entirely possible that the phrase was used before then. "Blazes" were notches or marks that were left on trees, indicating which way travellers should go to stick to a trail in the forest. Blazes are still used today to mark trails, with different markings that indicate different things. An early example can be seen in Dr. Thomas Walker's 1750 *Journal of Exploration:* "I blazed a way from our house to the River and I blazed several trees in the fork and marked T.W. on a sycamore tree."
Example: "The suffragists blazed a trail, eventually convincing lawmakers to give American women the right to vote."

QUOTE BOX

I firmly believe nature brings solace in all troubles. **—Anne Frank**

RIDDLE THIS

Solve the rebus:

COST PRICE

Answer: The price is right.

CROSS WORD

ACROSS:

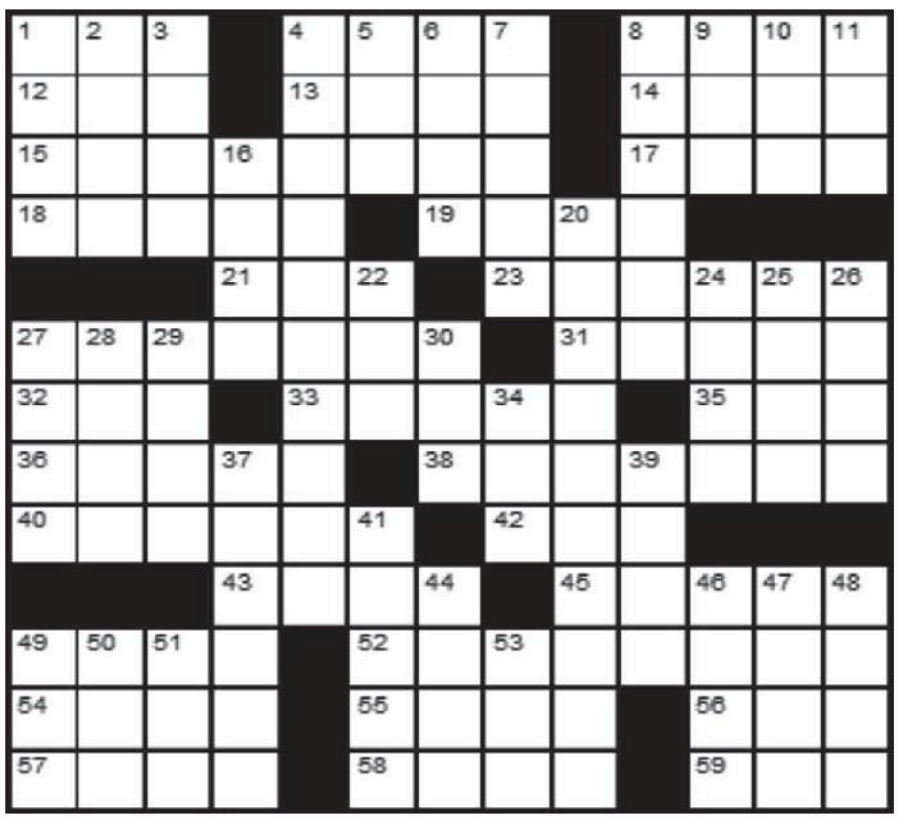
1 Dutch airline
4 Letters of urgency
8 Extinct flightless birds
12 Three for the Roman
13 First lady of "Ramayana"
14 Pull or tug sharply
15 Quotidian
17 Alright
18 Poison
19 Take a quick look
21 __ Devi aka Tuntun
23 Left
27 Tableland
31 Political group
32 Border
33 Flavour; elegance
35 Dubai locale
36 Elated, as in, "walking __ ___ "? (2,3)
38 Casks
40 Merchant of Venice lawyer
42 Contend
43 4840 square yards
45 Criminal group
49 Small medicine bottle
52 Slumbering
54 A sparkling white wine
55 Scottish town
56 Seller-Furnished Equip.
57 Stylish and fashionable
58 Clear of costs
59 Former weight for wool

DOWN

1 Capital of Ukraine
2 ____ wire : highly energetic and forceful person?
3 One's appearance or manner
4 Lop-sided; uneven
5 Ranbir Kapoor starrer "Wake Up ____"
6 Nipa palm
7 Name on a cheque
8 Short-sightedness?
9 Tree from which old sailing ships were made
10 Snippets of information
11 The heavens
16 Give a hollow beating to, in a way?
20 Testing of an idea
22 Battery size
24 Faithful
25 And others, in Latin (2,2)
26 Colouring agents
27 Support
28 Kitchen floor-covering
29 ___, Akbar, Anthony : Bollywood superhit?
30 Computer port
34 23rd letter of the Hebrew alphabet
37 Relating to a sloping print style
39 Gather
41 Incendiarism
44 German river
46 A clenched hand
47 Facts or data?
48 Very old
49 Vacancy, abbr.
50 "Like" suffix
51 Air Transport Indicator
53 ____ into: corrode?

YESTERDAY'S ANSWER

H	U	L	A	■	T	R	A	P	■	F	O	B
E	R	I	C	■	C	A	F	E	■	I	S	A
M	A	D	H	Y	A	P	R	A	D	E	S	H
A	L	O	H	A	■	T	O	L	U	■	■	■
■	■	■	U	R	E	■	■	E	A	R	L	S
■	■	O	U	T	D	O	N	E	■	L	O	O	T
E	G	G	■	S	N	O	O	P	■	T	R	Y
E	L	L	S	■	S	T	I	R	R	E	D	■
K	E	Y	E	D	■	■	N	E	W	■	■	■
■	■	■	T	O	N	S	■	S	A	F	E	S
R	I	G	H	T	E	O	U	S	N	E	S	S
I	O	U	■	T	H	A	N	■	D	A	N	E
A	N	Y	■	Y	A	R	D	■	A	R	E	S



SUDOKU

	9			8			2	
	1		2	9	6		5	
		2				6		
		1	9		7	3		
		9	3		8	1		
		5				4		
	2		4	6	5		1	
	8			7			3	

Answer to previous puzzle

3	8	2	4	6	7	1	5	9
7	6	9	1	3	5	8	4	2
1	5	4	9	8	2	3	7	6
4	1	3	6	7	9	5	2	8
9	7	5	3	2	8	6	1	4
6	2	8	5	4	1	7	9	3
8	3	7	2	1	4	9	6	5
2	9	6	7	5	3	4	8	1
5	4	1	8	9	6	2	3	7

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Concept is Sudoku increases from Monday to Sunday.

CRYPTOQUIP

The Cryptoquip is a substitution cipher in which one letter stands for another. If you think that X equals O, it will equal O throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

VR V FWUB, V QVH IGM PMBRH'D JHMI GER

MIH QEHP GVRH'D QERRBP QWSG.

TODAY'S CLUE: H EQUALS N

Yesterday's Cryptoquip: A little sincerity is a dangerous thing and a great deal of it is absolutely fatal.

MOVIE LOVERS

NOW SHOWING - SINGLE SCREEN THEATRES

- **Woodlands Theatre** **Ph: 2422871**
  Maadeva (K) - 4 Shows
- **Gayathri Theatre** **Ph: 2443568**
  Maadeva (K) - 4 Shows
- **Mahadeshwara Theatre** **Mob: 99008-20093**
  Maadeva (K) - 4 Shows
- **Prabha Theatre** **Mob: 98454-14691**
  Bhagiratha (K) - 1 Show; *Bullet (K)* - 3 Shows
- **Sangam Theatre** **Ph: 2520494**
  Kuberaa (Ta) - 2 Shows; *Kuberaa (K)* - 2 Shows
- **Padma Theatre** **Ph: 2521923**
  DNA (Ta) - 4 Shows
- **Lido Theatre** **Ph: 2420885**
  Kalave Mosagara (K) - 2 Shows; *Kuladalli Keelyavudo (K)* - 2 Shows
- **Rajkamal Theatre** **Ph: 2423554**
  Kuberaa (Te) - 4 Shows
- **Balaji Theatre** **Mob: 98863-25207**
  Kuberaa (H) - 3 Shows

DRC CINEMAS — Ph: 4240422, 4241800

28 Years Later (E)	(S-1)	10.40 am, 7.55 pm; (S-3) 4.30 pm
DNA (Ta)	(S-1)	1.10 pm
Kuberaa (Te)	(S-1)	4.05 pm
	(S-4)	10.30 am, 6.25 pm, 10.15 pm
Kuberaa (Ta)	(S-4)	2.20 pm
Sitaare Zameen Par (H)	(S-1)	10.25 pm; (S-2) 4 pm, 7.10 pm
Elio (E-3D)	(S-2)	11.30 am, 1.45 pm
United Kingdom of Kerala (Ma)	(S-2)	10.20 pm
Maadeva (K)	(S-3)	10.30 am, 7.10 pm
Maatonda Heluve (K)	(S-3)	1.15 pm
Vyasanasametham Bandhumithra (Ma)	(S-3)	10 pm

MYSURU VISION CINEMAS — Ph: 0821 - 2973519

Sitaare Zameen Par (H)	:	10.20 am, 12.30 pm, 3.35, 6.40, 9.45 pm
Kuberaa (Te)	:	10.30 am, 1.25 pm, 7.45 pm
Kuberaa (K)	:	4.45 pm, 8.30 pm
Kuberaa (Ta)	:	9.35 pm
Edagaiye Apaghatakke Karana (K)	:	11 am
Maadeva (K)	:	1.20 pm, 6.55 pm
Kalave Mosagara (K)	:	2.10 pm
Maatonda Heluve (K)	:	4 pm
8 Vasantalu (Te)	:	5.05 pm

PVR CINEMAS — 4K Dolby 7.1

Nexus Centre City Mall, 2nd Floor. Ph: 0821-230 0402

Sitaare Zameen Par (H)	:	9.10 am, 12.30 pm, 2.40 pm 3.50 pm, 6 pm, 7.10 pm, 9.20 pm 10 pm 10.30 pm
Kuberaa (Te)	:	9.20 am, 1 pm, 6.20 pm
Kuberaa (Ta)	:	3.15 pm, 10.20 pm
Elio (E-3D)	:	10 am, 2.55 pm, 8 pm
28 Years Later (E)	:	10.05 am, 12.20 pm, 7.25 pm
8 Vasantalu (Te)	:	11.40 am
Maatonda Heluve (K)	:	11.55 am
Materialists (E)	:	12.40 pm
Housefull 5 (H)	:	3 pm
From The World of John Wick: Ballerina (E)	:	4.40 pm
How To Train Your Dragon (E-3D)	:	5.15 pm
Maadeva (K)	:	6.55 pm
United Kingdom of Kerala (Ma)	:	9.45 pm
DNA (Ta)	:	10 pm

1st Floor, Garuda Mall. Mob: 88009 00009

Kuberaa (Te)	:	9.40 am, 4.15 pm, 10.15 pm
Kuberaa (Ta)	:	9.45 am, 12.35 pm, 6.50 pm
28 Years Later (E)	:	10 am, 4.15 pm, 10.30 pm
Elio (E-3D)	:	10 am, 7.55 pm
Sitaare Zameen Par (H)	:	12.20 pm, 3.40 pm, 6.10 pm 7 pm, 9.30 pm, 10.20 pm
Maadeva (K)	:	1.15 pm
How To Train Your Dragon (E-3D)	:	1.30 pm
Deadly Lover (K)	:	4 pm

INOX LIVE the MOVIE

Mall of Mysore - Mob: 78299-99465

Sitaare Zameen Par (H)	:	9 am, 12.20 pm, 3.40, 6.10 pm 7 pm, 9.30 pm, 10.20 pm
Elio (E-3D)	:	9.30 am
Elio (E-2D)	:	2.20 pm, 8.15 pm
Kuberaa (Ta)	:	10.40 am, 4.35 pm, 10.30 pm
Kuberaa (Te)	:	11.45 am, 6.30 pm
Kuberaa (K)	:	2.50 pm
Maatonda Heluve (K)	:	11.40 am
How To Train Your Dragon (E-3D)	:	3.25 pm
Vyasana Sametham Bandhu Mithradhikal (Ma)	:	10.10 pm

INOX Centro Mysore - Ph: 0821-4283555

Sitaare Zameen Par (H)	:	9.10 am, 12.30 pm, 3.50 pm 7.10 pm, 10 pm, 10.30 pm
Elio (E-2D)	:	9.40 am
Elio (E-3D)	:	2 pm, 7.55 pm
Kuberaa (Ta)	:	10.20 am, 6.20 pm
Kuberaa (Te)	:	11.20 am, 4.15 pm, 10.10 pm
Black Sheep (K)	:	11.55 am
Maadeva (K)	:	2.35 pm
Deadly Lover (K)	:	5.25 pm
Ronth (Ma)	:	7.40 pm
United Kingdom of Kerala (Ma)	:	10.20 pm

NOTE: Movie timings published here are subject to sudden change by the theatre managements. The films are also liable to be changed in multiplexes if there is no minimum audience of 15.

EVENTS TODAY (JUNE 21)

- **Industrial Extension Cottage (Indext-C), Government of Gujarat:** Gujarat Handicrafts Utsav, JSS Mysore Urban Haat, Ring Road, Hebbal Industrial Area, **up to 9 pm.**
- **Parivarthana B-School:** Inauguration of office of Chairman (OSNT) and office of Pragathi Parivarthana Souhardha Sahakari Niyamitha by Justice T.G. Shivashankare Gowda, former Judge, High Court of Karnataka, President, Karnataka State Consumer Disputes Redressal Commission; Dr. N.S. Rame Gowda, Chief Advisor, Oom Shreenikethana Trust, chief guest, Prof. M.D. Nanjunda, Founder, Coorg Public School, Gonikoppal and Advisor, Partivarthana Education Institutions and H.K. Srikanta, President, Rural Education Society, Kanakapura, guests of honour, Dr. M. Putte Gowda, Chairman, Oom Shreenikethana Trust, Srirangapatna, presides, School premises, Metagalli, **3.30 pm.**
- **Paramahamsa Yoga Mahavidyalaya, International Yoga School (IYS) and International Yoga Organisation (IYO):** International Day of Yoga celebrations, inauguration of 15th batch of International Yoga Teacher (IYT) Training Course and valedictory of 14th batch, Paramahamsa Yoga Mahavidyalaya, #1691, 7th Cross, 4th Main, next to Yoga Park, E & F Block, Ramakrishnanagar, **5 pm.**
- **Nadavidyalaya - Academy of Music and Dance:** Bharatanatyam Rangapravesha of V.R. Nikitha, disciple of Vidu. Mithra Naveen, R. Vasudev Bhat, President, Vijaya Vittala Educational Institutions, Mysuru, Vidu. Shubha Dhananjay, renowned dancer and President of Karnataka Sangeetha Nritya Academy, Bengaluru, Dr. Vaman Rao Bapat, renowned Paediatrician and senior functionary, RSS, Mysuru, guests of honour, Jaganmohan Palace, **5.30 pm.**
- **Institution of Engineers-India (IEI), Mysuru Local Centre and ISHRAE, Mysuru:** Talk on 'Smart Hospital HVAC Design' by Ananth Kumar Naganna, Founder-Director, ARETE Consulting Engineers, Bengaluru and Trainer in HVACR and Management; Dr. R. Deepu, Chairman, IEI Mysuru, presides, IEI Mysuru premises, JLB Road, **6 pm.**
- **Raag Milan:** World Music Day celebrations, Indian Classical Music Programme, sitar recital by Zunain Halim Khan, followed by a soulful flute performance by Ravi Shankar Mishra, accompanied on tabla by the tabla wizard Pandit Gourisankar (USA), Jagannath Centre of Art and Culture, Vijayanagar, **6 pm.**
- **Bharatiya Vidya Bhavan (BVB), Mysuru Kendra, BVB Bengaluru and Infosys Foundation, Bengaluru:** 145th Cultural Outreach Programme, Hindustani Vocal Concert by Vidwan Dr. Dattatreya Velankar, accompanied by Sumith Naik on tabla and Veerabhadraiah Hiremath on harmonium, BVB Mysuru premises, Vijayanagar 1st Stage, **6 pm.**
- **Sri Ramakrishna Ashram, Mysuru:** Swami Mahipalanandaji speaks on 'Insights of Parables of Sri Ramakrishna' in English, Ashram premises, Yadavagiri, **6 pm to 6.50 pm.**
- **Sri Nadabrahma Sangeetha Sabha:** Vocal concert by Vidu. Medha Manjunath, accompanied by Vid. Anirudh Bharadwaj on violin, Vid. A. Radhesh on mridanga and Vid. Sharath Kaushik on ghata, Sabha premises, JLB Road, **6 pm.**
- **Avadhoota Datta Peetham:** 4k Projection Mapping on 45-ft tall Karya Siddhi Hanuman statue, Sri Ganapathy Sachchidananda (SGS) Ashram, Dattanagar, Nanjangud Road, (3 Shows) **7.10 pm, 7.40 pm and 8.10 pm.** [Note: If rain or wind persists shows will be cancelled]

EVENTS TOMORROW (JUNE 22)

- **The Editorial Board of JSS Science and Technological University, Mysuru:** SHABD-2025, annual art and literary fest, Golden Jubilee Block, college premises, **10 am.**
- **Industrial Extension Cottage (Indext-C), Government of Gujarat:** Gujarat Handicrafts Utsav, JSS Mysore Urban Haat, Ring Road, Hebbal Industrial Area, **10 am to 9 pm.**
- **Surabhi Ganakala Mandira Charitable Trust:** 'Pratibhankura' music series - 'Sri Sadashiva' - Karnatak Classical Music based on Mysore Sadashivaraya's Kritis by Vidu. Meera Manjunath, accompanied by Vidu. Tanmayi Uppangala on violin and Vid. P.S. Sridhar on mridanga, A. Vishwanath, 'Ashwatha, #2773, 5th Main Road, V.V. Mohalla, **10.30 am.**
- **Books & Brews Library, Gokulam:** Storytelling Masterclass for Children & Adults, Books & Brews Library, Gokulam, **11.30 am to 1 pm.** [Mob: 84335-53734]
- **Gayana Sabha, Mysuru:** Hindustani Classical Vocal Concert by Vidu. Shrimathi Devi and tabla solo by Sumit Naik, accompanied by Tejas Katoti on harmonium, Veene Seshanna Bhavan, Kuvempunagar, **5.30 pm.**
- **Sri Ramakrishna Ashram, Mysuru:** Swami Yuktheshanandaji speaks on 'Srimate Sarada Devi' in Kannada, Ashram premises, Yadavagiri, **6 pm to 6.50 pm.**
- **Sri Nadabrahma Sangeetha Sabha:** Vocal concert by Dr. R.S. Nandakumar, accompanied by Vidu. Prithvi Bhaskar on violin, Vid. G.S. Ramanujan on mridanga and Vid. R.P. Ravishankar on ghata, Sabha premises, JLB Road, **6 pm.**
- **Avadhoota Datta Peetham:** 4k Projection Mapping on 45-ft tall Karya Siddhi Hanuman statue, Sri Ganapathy Sachchidananda (SGS) Ashram, Dattanagar, Nanjangud Road, (3 Shows) **7.10 pm, 7.40 pm and 8.10 pm.** [Note: If rain or wind persists shows will be cancelled]

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